

b. have lamp far from me
and take off the main
light

c. get an electrician to
install a dimmer (dimming
dial controller);
(i.e.: to control
the dimness of the
light)

3. The optician (and optometrist)
also advised that

a. In shaa Allah, the
light sensitivity will
go after some time, after
I deal with it positively
(i.e.: implement (some of))
the above etc etc

- on point 2. - wa

Allahumma阿阿م